

# Tropical Treat

By Susie Iventosch

It was in April that I was first introduced to this fabulous dessert. My husband works for a very large company, which held its annual incentive trip in the Bahamas. That was a really nice place for a business trip, but there were some 2,000 people in our quaint little group. This usually means buffet style meals, which have never been my favorite. So, one night I convinced him to go out to a nearby restaurant, where we were able to order off a real menu. The meal was good, but the dessert was sensational!

Guava Duff, a dish I had never even heard of before this trip, is a dessert that tastes sort of like a cobbler, but instead of fruit on the bottom with dough on top, the dough is rolled out with the fruit tucked inside and then rolled up like a jelly roll cake. It is then steamed and topped off with a delicious butter-brandy sauce!

My mission for the remainder of the trip was to discover how to make this delightful dish. So, I asked nearly every waitress and hotel personnel I encountered, to see how they make their version. And, trust me, every Bahamian family has its own version of this popular dessert!

I felt very well informed on how to make my own rendition of Guava Duff, and planned to make it at my dinner party the next weekend. But as I quickly discovered, guavas are not to be found in northern California until sometime in mid-summer. Rats! Undeterred, I decided to make "Mango" Guava Duff, minus the guavas! Guava juice afforded the guava flavor, and it turned out beautifully!

Since then, we have made "Mango-Papaya" Guava Duff, and I plan to make peach and nectarine versions when the crops are ripe. If I ever find fresh guavas this summer, well, I will definitely make a real Guava Duff!

## Guava Duff

(Serves 8)

### INGREDIENTS

- 3-4 cups of fruit, pitted, peeled and diced (guava, papaya, mango, peaches, nectarines) reserve 1/2 cup for topping
- 1/2 cup butter
- 1/3 cup sugar
- 2 egg yolks
- 2 teaspoons vanilla
- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3+ cup guava juice

### DIRECTIONS

In a large bowl, beat butter and sugar until integrated. Add egg yolks and vanilla and stir well. Sift flour with baking powder and salt and stir into butter mixture. Add enough guava juice until dough can be gathered into a large ball.

On a floured surface, roll dough out into a large rectangle, approximately 12x 15 inches or so. It is not necessary to be exact on this measurement. Beginning at the close end of the rectangle, spread a row of chopped fruit and roll dough over fruit. Repeat this process until you have a large jelly roll shape and you've used up all but 1/2 cup of the fruit.

Cut the roll into two shorter rolls and seal each very tightly in foil. Double wrapping is even better, to keep dough in place while steaming.

In a large pot, fitted with a French steamer, (or in a pasta pot with the mesh liner) place the two wrapped rolls of dough and steam for about one hour, or until dough is cooked. You may need to add more water to the bottom of the pot while steaming.

Cool thoroughly. When ready to serve, remove foil and cut into 1-2 inch slices. Heat in microwave and drizzle warm brandy sauce over the top. Can serve with a scoop of vanilla ice cream or a dollop of whipped cream and a spoonful of reserved diced fruit.



Photo Susie Iventosch

## Brandy Sauce

### INGREDIENTS

- 1/4 cup unsalted butter
- 1/2 cup sugar
- 2 teaspoons vanilla
- 1/3 cup guava juice
- 1/4 cup brandy

### DIRECTIONS

In a saucepan, melt butter over medium heat. Add sugar and stir well with a wire whisk. Continue to cook over medium heat, stirring all the while, until sugar dissolves. Stir in vanilla, guava juice and brandy and continue to cook until well integrated, slightly reduced and thick enough to coat a spoon. Can be made ahead of time and reheated to serve over warm guava duff.

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziventosch@gmail.com.



**This recipe is available on our web site** www.lamorindaweekly.com

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